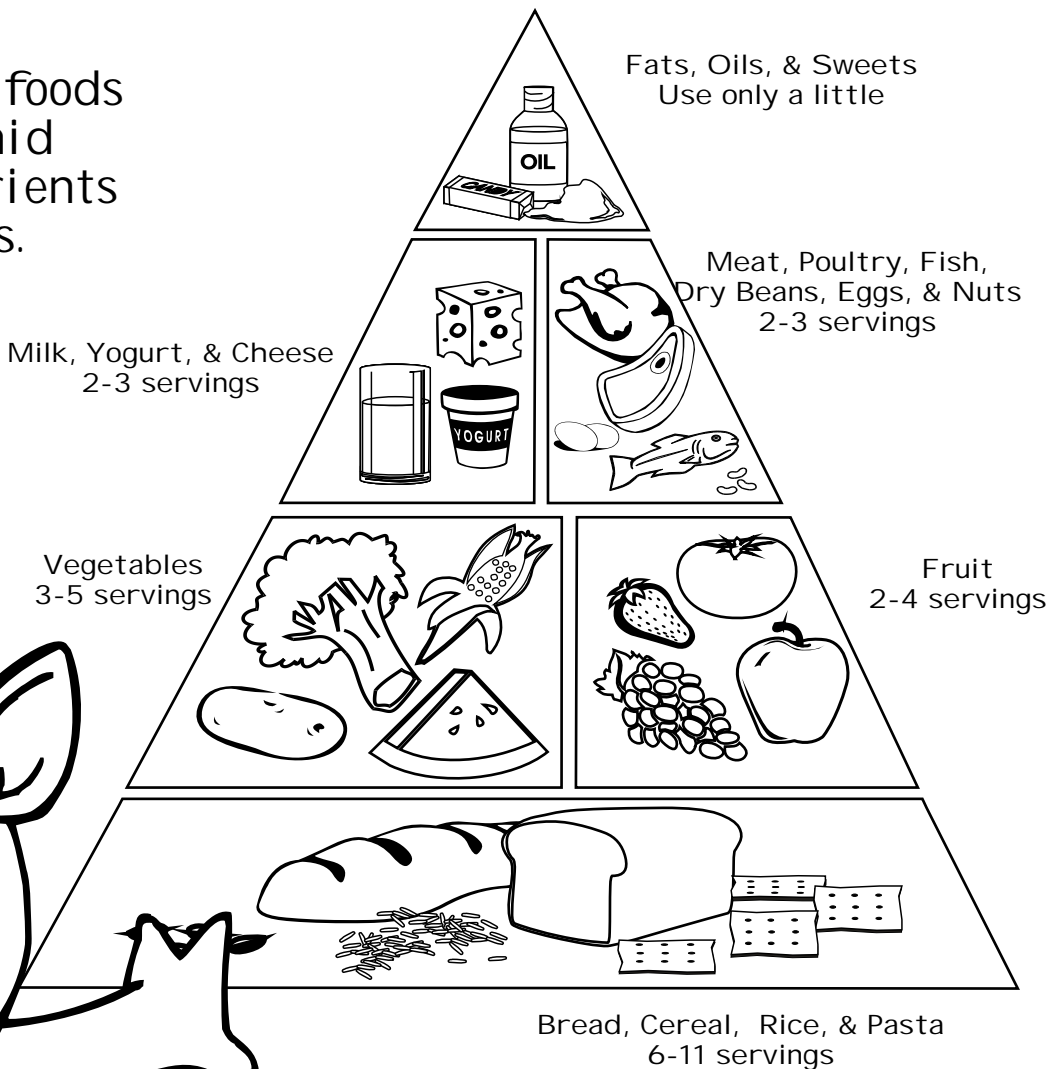
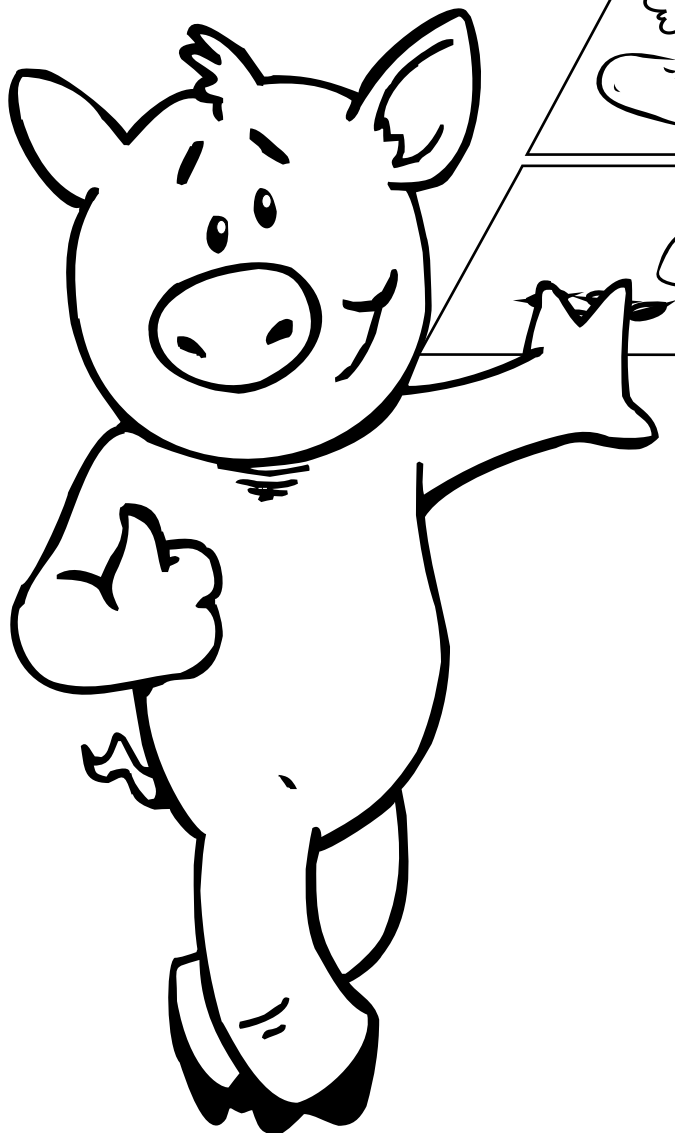


NC Pork Producers Assoc.

Pork and other foods from the pyramid supply the nutrients your body needs.



Compared to 10 years ago,
pork today has:

31% less fat

14% fewer calories

10% less cholesterol

This makes lean cuts of
pork comparable to skinless
chicken breasts.